



Brown Sugar Grilled Plums with Lemon Sorbet



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 cups lemon sorbet
- ☐ 4 servings candied peanuts and mint fresh for garnish, optional
- ☐ 8 small plums pitted halved

Equipment

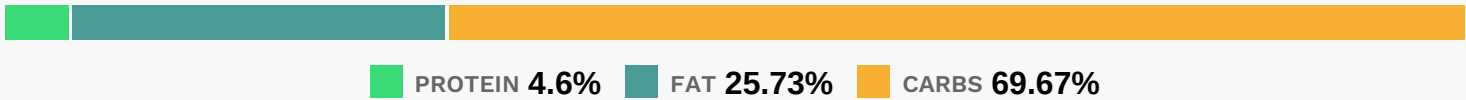
- ☐ bowl

- ☐ whisk
- ☐ grill
- ☐ stove
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Coat an outdoor grill or stove-top grill pan with cooking spray and preheat to medium-high.
- ☐ In a small bowl, whisk together melted butter, brown sugar and cinnamon.
- ☐ Brush mixture all over flesh side of plums. Grill plums, flesh side down, 5 minutes, until soft.
- ☐ Serve plums with lemon sorbet.
- ☐ Garnish with candied peanuts and mint, if desired.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:5.11, Inflammation Score:-5, Nutrition Score:4.0804347616175%

Flavonoids

Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg, Cyanidin: 7.43mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg, Catechin: 3.81mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg, Epicatechin 3-gallate: 1mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

Nutrients (% of daily need)

Calories: 222.44kcal (11.12%), Fat: 6.47g (9.96%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 39.42g (13.14%), Net Carbohydrates: 35.85g (13.04%), Sugar: 30.81g (34.23%), Cholesterol: 15.05mg (5.02%), Sodium: 101.5mg (4.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Vitamin C: 12.86mg (15.59%), Fiber: 3.57g (14.29%), Vitamin A: 673.18IU (13.46%), Vitamin K: 8.98µg (8.55%), Potassium: 217.81mg (6.22%), Manganese: 0.1mg (5.18%), Copper: 0.08mg (3.99%), Vitamin E: 0.51mg (3.39%), Vitamin B3: 0.57mg (2.87%), Magnesium: 10.44mg (2.61%), Vitamin B1: 0.04mg (2.54%), Phosphorus: 23.69mg (2.37%), Vitamin B2: 0.04mg (2.32%), Vitamin B6: 0.04mg (2.04%), Folate: 7.98µg (1.99%), Vitamin B5: 0.19mg (1.92%), Iron: 0.3mg (1.67%), Calcium: 14.94mg (1.49%), Zinc: 0.15mg (1.02%)